



OCTOBER 2026					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Name of the menu :Parnassus Preparatory School Grades 5-8 Lunch Menu			Options : Hot& Hot Vegetarian Meals		
Grade : K-8 Grades			Meal Pattern : NSLP		
Week II	HOT MEAL	Thursday, 10/1/2026		Friday, 10/2/2026	
		Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema Seasoned Black Beans, Assorted Salad Bar Daily Fruit & Choice Milk		Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit Choice Milk	
	HOT VEG	Veggie Garden Nuggets w/ Ketchup & Dinner Roll		Fresh Hot Cheese Pizza	
Week III	HOT MEAL	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026
		Brunch Lunch Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Assorted Salad Bar Daily Fruit & Choice Milk	Crispy Chicken Tenders Ketchup Assorted Salad Bar Daily Fruit WG Roll & Choice Milk	Glazed Beef Meatballs Steamed Rice Assorted Salad Bar Daily Fruit Choice Milk	Roasted Chicken Drumstick Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit & Choice Milk Yahoo! Special Chips Day! Baked Cheetos
	HOT VEG	Grilled Cheese Sandwich	Pizza Quesadilla	Cheese Breadsticks w/ Dip	Veggie Garden Cheeseburger
Week IV	HOT MEAL	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026
		Battered Corn Dog WG Chicken Corn Dog served with Ketchup Assorted Salad Bar Daily Fruit & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Twin Faves Day Chicken Nuggets w/ Ketchup Mac & Cheese Assorted Salad Bar Daily Fruit & Choice Milk	Zeus Frito Crunch Greek Style Seasoned Beef, Fritos, Yellow Rice & Tzatziki Sauce Assorted Salad Bar Daily Fruit Choice Milk	BBQ Teriyaki Chicken Steamed Rice Assorted Salad Bar Daily Fruit Choice Milk
	HOT VEG	Cheese Stuffed Hot Pocket w/ Dip	Mac & Cheese Bites w/ Ranch	Greek Style Egg Scramble Nacho	Veggie Nuggets w/ WG Roll
Week V	HOT MEAL	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026
		Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Assorted Salad Bar Daily Fruit Choice Milk	Chicken Tenders w/ Mix & Match Sauce Ketchup, Fry-Yay Sauce Assorted Salad Bar Daily Fruit WG Roll & Choice Milk	Sweet & Sour Chicken Steamed Rice Assorted Salad Bar Daily Fruit Choice Milk
	HOT VEG	Veggie Breaded Patty Sandwich	Pizza Crunchers	SouthWest Bean & Chz Burrito w/Ranch	Pizza Triangles
Week VI	HOT MEAL	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026
		Premium Chicken Nuggets Ketchup Tater Tots w/ Ketchup Assorted Salad Bar WG Roll, Daily Fruit & Choice Milk	All Beef Hot Dog Served with Ketchup Assorted Salad Bar Daily Fruit & Choice Milk Yahoo! Special Treat Day! Confetti Cookie	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Daily Fruit Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Assorted Salad Bar Daily Fruit & Choice Milk
	HOT VEG	Buttermilk Pancakes & Omelet	Veggie Garden Burger	Grilled Cheese Sandwich	Egg Scramble Walking Taco
Hot Vegetarian meals are served with vegetables, fruit of the day & milk.					
Assorted Fluid Milk / Fluid Milk Substitute Choices offered.					This menu is pork-free.
This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.					



WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					
NOVEMBER 2026					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week I	Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
	Chicken Patty Sandwich	Waffles & Turkey Sausage	Hot Italian Beef Meatball Sub	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	WG Bun & Ketchup	Maple Waffles w/ Syrup	Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Steamed Rice	Assorted Salad Bar
	Assorted Salad Bar	Turkey Sausage Patty	Potato Wedges	Assorted Salad Bar	Daily Fruit
	Daily Fruit & Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit	Choice Milk
HOT VEG	Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	Choice Milk	
	Veggie Breaded Patty Sandwich	Maple Waffles w/ Syrup & Yogurt	Cheese Breadsticks w/ Dip	Veggie Bengali Nugget Wrap	Fresh Hot Cheese Pizza
Week II	Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026		
	PopMax Chicken & Creamy Cheesy Hashbrowns	Classic Hamburger	Creamy Mac & Cheese		
	Popcorn Chicken w/ Ketchup	WG Bun , Pickles & Ketchup	Assorted Salad Bar		
	Creamy Cheesy Hashbrowns	Assorted Salad Bar	Daily Fruit		
	Assorted Salad Bar	Daily Fruit	Garlic Toast & Choice Milk		
HOT VEG	WG Roll, Daily Fruit & Choice Milk	Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		
	BYO Maple Waffle , Veggie Sausage & Cheese Sandwich	SouthWest Bean & Chz Burrito w/Ranch	Mini Pizza Triangles		